

Homemade Mayonnaise

Mayonnaise is the base for many sauces including aioli, and Tartar Sauce. It is a key ingredient in dishes like chicken or tuna salad. Many of those sauces and dishes will taste much better with homemade mayonnaise than with store bought, especially with so many of the store-bought mayonnaise have a lot of sweeteners added to them.

The ingredient list below is for the minimum portion that can be made, about 1 cup, since we start with the yolk of 1 egg and can't go smaller than that. Because this is made with a raw egg and no preservatives it should be consumed within an hour of being made. It can be kept covered in the refrigerator for up to four hours but not much longer than that. Add to whatever dish you are making and serve immediately, don't let that dish, or the bowl of mayonnaise, sit on the counter for over an hour. If you are taking food on a picnic, store bought mayonnaise which has preservatives is recommended.

Ingredients

- 1 egg yolk
- 1 small spoon of Dijon mustard – about the same size as the egg yolk
- ½ to 2/3 cups olive oil
- ½ to 2/3 cups canola or vegetable oil
- Dash of lemon juice
- Salt and pepper to taste

Method

Put the egg yolk in a bowl and add the mustard. With a whisk, combine the two.

Drizzle in each of the oils slowly, one at a time, while stirring with the whisk so the mixture does not separate. Add ½ cup of each oil and see if the texture is what you want. Depending on the size of the egg yolk you can add a little more of each oil, up to 2/3 of a cup of each. Using just olive oil can give a strong taste so a 50/50 mixture is recommended. If it starts to separate stop adding the oil and stir with the whisk to get back to smooth consistency.

When you have the consistency you want, add the lemon juice to taste. If you are using this as a sauce where other ingredients, including more lemon juice, is called for, consider that when you decide how much lemon juice to add at this stage. Add fresh ground salt and pepper to taste.

Note: If you are using fresh eggs directly from a hen house or bought at a farmer's market, they have not been pasteurized like store bought eggs have been, and may have salmonella on the shells. For those very fresh eggs you should dip them in boiling water just until they are fully covered by the water and then put in a bowl of ice water so the egg does not start cooking.